

Scrambled Tofu

4 blocks tofu	Place tofu between two cutting boards, then a heavy frying pan on top of the top board. Leave for 10 minutes to press to express the water out of it.
1/4 cup olive oil	Sauté onion and bell peppers in olive oil on medium-high for about 5-7 minutes until the peppers begin to soften—do not cook so long that they totally soften, just allow them to begin to soften
2 red onions, diced (3 cups)	
1 red bell pepper, diced (1 1/2 cups)	
1 green bell pepper, diced (1 1/2 cups)	
1/2 teaspoon cayenne powder	Add cayenne powder, salt, tamari and stir.
1 teaspoon salt	
3 Tablespoons tamari (San-J gluten free)	
Break the tofu that you have pressed (above) into bite-sized bits with your hands and drop into the onion, pepper mixture. Stir, cover and steam for about 5 minutes.	
Turn off the heat	
1/2 tsp. turmeric	Sprinkle turmeric across the top of tofu, stir until well incorporated. Do not cook the turmeric or add it earlier, cooking will make it bitter
Adjust for salt. Serve hot.	



Serves 4-6.

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